Charlie Shingel Diary of Steroid Use

*January 25th 2011 “My Tragic Time”*

Hey my name is Charlie Shengel and I’ve been in the hospital for little over a week now. My heart levels aren’t the best and I may actually die soon. The doctor said I suffered a heart attack caused by side effects of abusing steroids! I’m pretty shocked right now. I never thought steroids could kill me, I always thought that was a make believe story. They say my heart is really bad. I’m getting discharged as I’m writing this diary entry right now. They say I have to go and meet with the “Taylor Hooton Foundation” which I’m not fond about. I’m afraid they might try to convince me and rid me of the sport I’ve loved and trained so hard for. The sport which I’m talking about is body building! I’ve used steroids and other substances for the past twenty years and never had any damage done to me until now. I haven’t used steroids in years but recently have been taking Human growth Hormone drugs for another way to gain size. My wife has tried to get me to stop but like anything else it’s an addiction feeding on me everyday like a parasite. We actually have a little baby girl called Carol. Lately, Carol has been very sick with brain cancer. I think I am going tomorrow to meet with one of the members from the foundation so I can receive help with this disease I’m living. I seem to neglect my daughter everyday and not even care that she actually is dying. My mood seems to come and go from taking the drugs. I feel very crazy and insane like I want to kill someone sometimes! My wife has been bothering me since I’ve been writing this memo to myself about how I’ve been feeling. I honestly just want to go and beat her up. I know I can’t though because it’s just the drug affecting my brain. Now you can see why drug use isn’t just hurting me inside but it’s also hurting mentally! Sometimes, I feel like I want to commit suicide so I can end this pain I’m facing but then that would be unfair to my daughter. My body and my immune system is like an elderly person, it just can’t withstand anything anymore due to doping. I really don’t know what to do anymore with this disease! I just need HELP!

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| **Criteria** | **4** | **3** | **2** | **1** |
| Purpose |  |  | X |  |
| Audience |  |  | X |  |
| Genre |  |  | X |  |
| Evidence |  |  | X |  |

I’ll do this for each draft to help you know where you stand.

I look forward to reading your next draft! ☺